



AQUATIC CENTRE & FITNESS STUDIO - March 30 to June 28, 2025

POOL (including hot tub & sauna)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult Lanes 8:00 am - 1:15 pm	Adult Lanes 6:00 - 8:45 am	Adult Lanes 6:00 am - 1:00 pm	Adult Lanes 6:00 - 8:45 am	Adult Lanes 6:00 am - 1:00 pm	Adult Lanes 6:00 - 8:45 am	Adult Lanes 8:00 - 9:00 am
	Family Swim 9:00 - 11:00 am	AquaFit 9:00 - 9:45 am	Family Swim 9:00 - 11:00 am	AquaFit 9:00 - 9:45 am	Family Swim 9:00 - 11:00 am	AquaFit 9:00 - 9:45 am	Facility Reserved for Registered Swim Lessons 9:00 am - 12:00 pm
		Adult Lanes 10:00 am - 1:00 pm		Adult Lanes 10:00 am - 1:00 pm		Adult Lanes 10:00 am - 1:00 pm	
		Family Swim 11:00 am - 1:00 pm	Gentle AquaFit 12:00 - 12:45 pm	Family Swim 11:00 am - 1:00 pm	Gentle AquaFit 12:00 - 12:45 pm	Family Swim 11:00 am - 1:00 pm	Adult Lanes 12:00 - 1:15 pm
	Public Swim 1:30 - 3:30 pm	Family Swim 4:00 - 5:30 pm	Facility Reserved for Registered Swim Lessons 3:00 - 7:00 pm	Family Swim 4:00 - 6:00 pm	Facility Reserved for Registered Swim Lessons 3:00 - 7:00 pm	Family Swim 4:00 - 6:00 pm	Public Swim 1:30 - 3:30 pm
						Adult Lanes 5:00 - 6:00 pm	Adult Lanes 3:45 - 5:45 pm
Public Swim 6:00 - 7:30 pm				Public Swim 6:00 - 7:30 pm		Public Swim 6:00 - 7:30 pm	
FITNESS STUDIO	8:00 am - 3:30 pm	6:00 am - 1:00 pm 4:00 - 5:30 pm	6:00 am - 1:00 pm	6:00 am - 1:00 pm 4:00 - 7:30 pm	6:00 am - 1:00 pm	6:00 am - 1:00 pm 4:00 - 7:30 pm	8:00 - 9:00 am 12:00 - 7:30 pm
SHOWERS AVAILABLE	8:00 am - 3:30 pm	6:00 am - 1:00 pm 4:00 - 5:30 pm	6:00 am - 1:00 pm	6:00 am - 1:00 pm 4:00 - 7:30 pm	6:00 am - 1:00 pm	6:00 am - 1:00 pm 4:00 - 7:30 pm	8:00 - 9:00 am 12:00 - 7:30 pm

Adult Lanes

In the main pool - lanes are available for continuous lap swimming and leisure exercising. The shallow pool is available intermittently. **16+ years of age or 13-15 years with direct adult supervision**

Family Swim

In medium and tot's pools - Caregivers swim with and directly supervise their children. The main pool is not available during this time. **Swimmers under the age of 7 must swim with an adult caregiver within arms' reach.**

AquaFit/Gentle AquaFit

In the main pool - low impact aquatic-based fitness classes. **16+ years of age or 13-15 years with direct adult supervision.**

Public Swim

Full facility public swim - 7 years & up. **Swimmers under the age of 7 must swim with an adult caregiver within arms' reach.**

There may be unforeseen and unscheduled facility closures and program cancellations. For always up-to-date scheduling information, please follow our "live" schedule at playinpa.ca/schedules and follow us on Facebook and Instagram. We will post changes as soon as possible.

Schedule updated March 13, 2025